

ART STUDY AMONG THE WOMAN'S CLUBS.

By Mrs. Ellen M. Henrotin, President General Federation of Woman's Clubs.



HE question is frequently asked, What programme is most satisfactory to an art club, and what practical work to further the art interests of a community can such a club accomplish? In membership in the State Federation are many such clubs, and these federations are organizing art exchanges to meet the demand of art clubs.

The Minnesota State Federation has an art committee which has accomplished excellent work. The Wisconsin State Federation, through its bureau of reciprocity, is organizing an exchange of papers on art topics and also mounted photographs to illustrate the papers. There is great demand, especially in the West, for such collections, for in the small towns and cities in which the clubs are located it is difficult to secure photographs of the old masters, and even photographs of the modern school of painting are not easy to procure.

The Minnesota State Federation is making a collection of stereopticon views of famous paintings, arranging the views in the school of painting to which they rightfully belong and sending them to the art clubs of the federation. The only expense to the club are the packing and express charges.

Art in the School House.

Through the bureau of reciprocity a list of essays on art subjects is sent to the clubs, and in many cases the writers of the essays are willing to go and read them. The eye, as well as the intellect, is thus being educated in the art clubs. It is almost impossible to be conversant with the various schools of painting without seeing the pictures themselves, and this collection made by the State and supplied to the clubs meets a long felt want. University extension is very active throughout the Middle West and rapidly extending to the Pacific coast. This movement of the art clubs may be styled "the art extension movement," and it is not at all difficult for any State federation to organize. Many of the clubs, which are not in themselves purely literary clubs, have a department of art, which could with advantage co-operate with a department of education and accomplish a great work for the public schools of the country.

In most of the cities, towns and villages the school houses are built like a packing box, walls and ceilings are undecorated and even untinted; thus the school house and the rooms, instead of being attractive, are absolutely devoid of color. In the new school buildings—and the school system is being so rapidly enlarged that new buildings are every year being put up—this could be obviated by the active co-operation of the art committee of a woman's club.

Such a committee could secure the tinting of the walls in appropriate colors; could make a collection of good engravings or prints to hang on the walls, and could even, by manifesting interest, have the playgrounds around the school houses put in proper condition. Even one or two members of such committee, who are actively interested, could occasionally address the children about the pictures on the wall, and thus make them real to them and a part of their daily life. The collection might be changed from the walls of one school room to another, and variety thus be insured.

In one art club, situated in a large Eastern city, a collection of good prints and photographs has been arranged, which are loaned to the members of a mothers' club, which meets at a university settlement in the vicinity. Many of these women are self-supporting and have families, and they take the pictures home with them for the benefit of the children. Simple talks have been given to the mothers' club by members of the art club on the pictures, which have been selected more or less to meet the special needs of the mothers' club. This collection is in constant demand, and the committee has been most successful.

Chicago's Art Clubs.

Several art clubs have recently inaugurated an annual exhibit. The Klio Club, of Chicago, has held an exhibit for two years of the women artists of Chicago. A prize of \$100 and one of \$50 have been awarded for the best two paintings. The Committee of Award is composed of artists and the president of the Klio Club.

There is in Chicago a unique art club called the "Arche." It is about six years old and numbers about 400 members. At one time the membership was over 600, but it was found difficult to secure an auditorium large enough to accommodate so large a number; therefore the membership has been limited to about 400, and the requirements for membership have been made exacting. This club also holds an annual salon, and from a social point of view it is the crowning feature of the club year.

ELLEN M. HENROTIN.



ANANAS A LA CREME.—This is an entirely new dessert—most refreshing and delicious. Take six plump, thoroughly ripe bananas, lay them in a refrigerator until they are ice cold. Just a few minutes before dinner peel the bananas, split each one in halves lengthways, lay them in a deep, oblong glass dish. Squeeze over the bananas the juice of two large oranges. Stand the dish in the refrigerator while you prepare the cream. Put a pint of rich cream in a bowl. Add to it two heaping tablespoonfuls of powdered sugar and half a saltspoonful of fine salt. Crush a dozen large, ripe strawberries and strain their juice into the cream. Whip the cream till it is stiff, and pour it over the bananas. Keep the dish in the refrigerator till ready to serve. Then ornament the top of the cream, which will be a delicate shade of pink, with a few slices of banana, alternated with strawberries cut in two.

MIXED FRUIT WATER ICE.—Press the juice of two lemons, four large oranges and one good-sized pineapple into an earthen dish. Dissolve six heaping tablespoonfuls of granulated sugar in a pint of hot water, and when cool pour it into the fruit juice, beating it all with an egg beater. Pour the mixture into a freezer and keep turning it in the packed ice for half an hour. Then remove the cover, and with a spoon scrape the frozen mixture from the sides of the freezer. Repeat this process till the mixture is well frapped; then cover it up and pack it closely in the chopped ice until ready to serve. Then remove the cover, and with a spoon take the water ice out of the freezer and fill as many glass cups with it as there are persons at table. Ornament the top of each glass with a large strawberry.

PEACH ICE-CREAM.—Put a layer of crushed ice in a tub; sprinkle it over with coarse salt. Then stand the freezer in the centre of the tub and pack it with layers of crushed ice and salt, using one-third salt to two-thirds ice. Pour a quart of rich, cold cream in a bowl. Stand it in chopped ice. Beat the cream till stiff, then sweeten it with half a pint of powdered sugar and flavor with a teaspoonful of vanilla extract. Stir the cream gently till the sugar is dissolved; then pour it into the freezer. Put the cover on and keep turning the freezer in the ice till the cream begins to stiffen. Then add a quart of ripe peaches which have been peeled; cut into small pieces and sweeten well. Stir the peaches through the cream and freeze the cream as directed. For the water ice only stir it oftener to keep the fruit from sinking. When the cream is nearly frozen take it out of the freezer and pack it in a mould. Cover the mould tightly, paste a strip of paper round the edge of the cover and pack it in the ice tub till ready to serve. As the ice melts draw the water from the bottom of the tub.

These directions may be followed for all sorts of fruit ice-creams. Raspberries and strawberries should be crushed before being added to the cream, and cherries should be pitted.

A DISH OF SNOW.—Break a cocoanut shell and remove the brown skin from the nut. Then grate the white part of the nut and heap it up in the centre of a glass dish. Beat the whites of four eggs to a stiff froth, add a tablespoonful of pineapple juice and two heaping tablespoonfuls of powdered sugar, stirring it in gradually. Whip a pint of rich cream quite stiff and gradually add it to the whites of the eggs. Beat the mixture till it is a stiff, foamy mass; then pour it round the grated cocoanut. Ornament the edge of the dish with red rosebuds and leaves and stick a full-blown rose in the centre of the mound of cocoanut.

COFFEE CREAM FRAPPE.—Put half a pint of pulverized coffee into a French coffee pot; pour through it a full pint of boiling water. After it has filtered through once pour it through again. As soon as the coffee is entirely leached through the grounds pour it in an earthen dish; add five heaping tablespoonfuls of powdered sugar. Stir the sugar till it is dissolved. Then stand the coffee where it will get ice cold. Then add a quart of rich cream; beat the whole to a stiff froth and put it in a freezer. Turn the freezer till the mixture is frapped, but not frozen hard. Then turn it into a glass dish and cover it with whipped cream flavored with vanilla, and serve.

JULE DE RYTHER.



NE of the most charming chapters on woman's beauty is written by Richard Jeffreys, the English naturalist, whose high taste and close observation leave his work the finest modern record of outdoor life and nature.

"It takes," he says, "a hundred and fifty years out of doors to make a beauty—open air, hard manual labor or continuous exercise, good food, good clothing, some degree of comfort—all of these, but most especially open air, must play their part for five generations before a beautiful woman can appear."

He traces the descent of such a one for a hundred and fifty years; the immense strength and agility of the yeoman, gained by hard work, hard but plentiful fare and athletic sports, married to a woman as strong, for the gentlewomen of those days were used to work from childhood.

Women who care for their complexions should bathe only in water boiled and cooled, which has a most velvety softness. For those who have no other means at command, there are twenty-five-cent frames of wire, fitting the chimney of any kerosene lamp, by which water may be boiled in a tin cup or kettle in a few minutes. Let every woman who wishes to improve her appearance insist upon pure water, pure air and pure food, if she would assist cosmetics in their work, and she will be surprised to find what they can do for her. The very color of the eye, as well as its brilliance, changes and deepens, the skin grows blooming and soft, excrescences and discolorations disappear with slight assistance, and the healthy tissues never grow old.

For the best cosmetic effect on the skin, steam it at night, wipe dry and powder it with fine sulphur, dusted on with a powder puff. Sleep with this on, wash off in the morning, and rub in a very little of the delicious toilet cerate, lightly rubbing along the lines of the face. A bit the size of a large pea is quite enough, and one minute's rubbing by the clock is all the time that ought to be spent on the soft fabric of the skin. Don't rub it in, but rub it out to spread it over the face. This will prevent the natural moisture from drying with wind and heat.

If your hands are to be in water or gardening or gathering flowers, whose juices roughen the skin, rub the hands well first with the cerate (not the bleaching kind, but the bland sort) and draw on loose gloves for outdoor work. For the soaking, let the hands take their chance with the cerate, which will keep them from getting water-soaked, which is very injurious to the skin.

